

SUMMER 2019



Photo courtesy: Constanza Hevia H.

WE'RE BUILDING A NEW KITCHEN!

On July 25, an audience of 100 guests including San Francisco Mayor London Breed and other elected city officials, donors, project team partners, and news media, joined us to officially break ground on our new state-of-the-art kitchen and food production facility.

With the population of seniors living in San Francisco expected to grow by 30% in the coming years, the new, bigger kitchen is needed in order to keep up with the demand for home-delivered meals and the growing population of food-insecure seniors living in the City.

Meals on Wheels SF CEO and Executive Director, Ashley McCumber, warmed up the crowd by asking them to joyously shout three times "celebrate, celebrate, CELEBRATE" while Kool & the Gang's iconic song "Celebrate" played over the sound system. It was after all, a

day of celebration — a day marking a pivotal chapter in our history signifying our important role in the community as providers of home-delivered meals for aging adults who are struggling with food insecurity and loneliness in SF.

"Today, we are celebrating five decades of service here in San Francisco," exclaimed Ashley McCumber. "We're celebrating a mission that started with a handful of people who knew and recognized they had neighbors who needed some help; elderly folks who needed some food and were lonely. They started volunteering to cook food and that morphed into our organization that today, is one of the largest meal programs in the country."

Mayor Breed spoke passionately to the audience and shared how Meals on Wheels supported her grandmother not just with

meals, but with kindness, and how the drivers always asked her how she was doing when they delivered her a meal.

Mayor Breed beamed. "Meals on Wheels has been pushing the envelope, doing great work for so many years. I'm so excited to be here and I cannot wait to cut the ribbon when we open."

Ashley closed the ceremony with a reminder to the audience. "We're celebrating much more than just the construction of a new building, we're celebrating and embracing our responsibility to amplify the voice of older adults in the City and to make San Francisco all it can be for them."

The new kitchen and food production facility is expected to be opened in Q4 of 2020. Approximately 80% of the funds have been raised for the project to date.

The new MOWSF kitchen will double the efficiency and output of meals from 8,000 meals daily to 20,000.

Read more and view photos from the kitchen groundbreaking ceremony at mowsf.org/new-kitchen as well as in the special insert inside this edition of *Nourish*.

AROUND MEALS ON WHEELS



GALA RAISES \$3.3 MILLION FOR SENIORS

On May 19, Meals on Wheels San Francisco welcomed nearly 900 guests to a culinary extravaganza that featured 150 of the region's top chefs and 90 vintners under one roof.

During the evening, supporters raised \$3.3 million which will provide 640,000 meals to homebound seniors. Read more about the gala mowsf.org/gala-2019



STRENGTHENING THE OLDER AMERICANS ACT

Sunday, July 14 marked the 54th anniversary of the Older Americans Act (OAA) being signed into law by President Lyndon B. Johnson. This legislation has supported critical social and nutrition services for older adults in every community nationwide since 1965. As the September 30 deadline to reauthorize the OAA approaches, it is important to make a final push to ensure the essential programs (like MOWSF'S) provided through this legislation remain a priority. Learn more at: mealsonwheelsamerica.org/newsletter/march-2019/#advocacy



HEATWAVE SAFETY FOR SENIORS

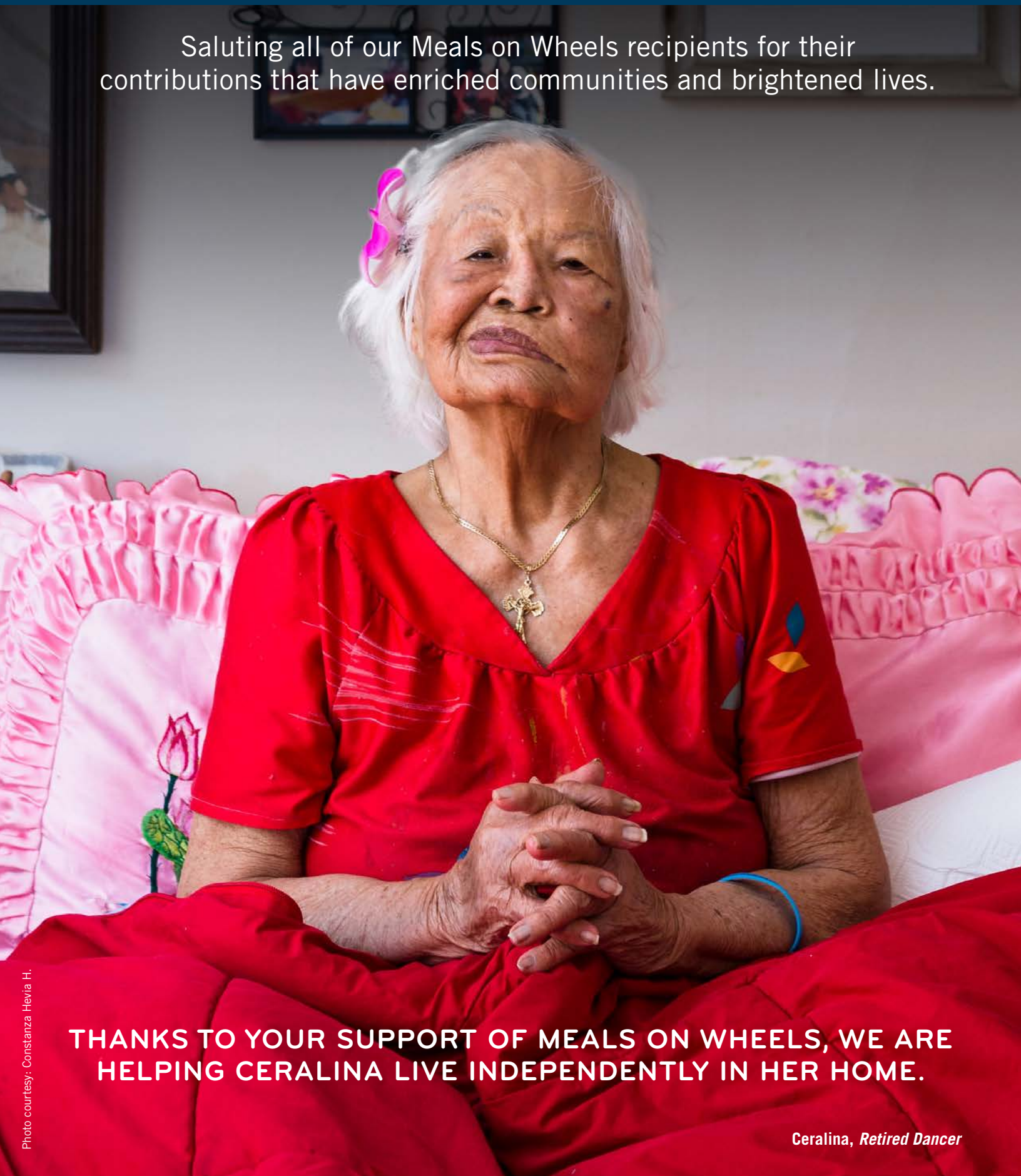
On June 21, our organization, along with others serving the SF community, was formally recognized by Mayor London Breed and the Department of Emergency Management for excellent work in helping clients stay safe during an unprecedented early-season heatwave. Earlier that month, the entire state was broiling and even San Francisco, which normally experiences "June gloom," baked under back-to-back days of near 100-degree temperatures. Meals on Wheels assured senior clients, many who live in tiny apartments with no air conditioning, stayed hydrated and cool, and drivers kept an eye out for signs of heat-related distress.



SUMMER SAFETY TIPS FOR SENIORS

Summer is here, and that means hot temperatures can affect everyone including vulnerable seniors who have no access to air conditioning. According to UC Davis, seniors account for a disproportionate number of heat-related hospitalizations and deaths. Learn how seniors can be prepared to beat the heat as well as heat-related power outages, or natural disasters. **Learn more at** mowsf.org/be-prepared-summer

Saluting all of our Meals on Wheels recipients for their contributions that have enriched communities and brightened lives.



**THANKS TO YOUR SUPPORT OF MEALS ON WHEELS, WE ARE
HELPING CERALINA LIVE INDEPENDENTLY IN HER HOME.**

Ceralina, Retired Dancer

GROUNDBREAKING CEREMONY

Pictures from the Meals on Wheels San Francisco NEW Kitchen and Food Production Facility groundbreaking, Thursday, July 25, 2019.

Photos courtesy: Constanza Hevia H.



Nourishing Seniors for Decades to Come!

Approximately 80 percent of the funds for the new \$41.5 million kitchen have been secured through private donations and government support made during the 50th Anniversary Capital Campaign. **Learn more about the project:**

Online at mowsf.org/new-kitchen



Features of the New Meals on Wheels San Francisco Kitchen and Food Production Facility:



First floor



Second floor



Roof

- The 35,794 square feet, two-story facility, includes a state-of-the-art cook-chill area, high bay freezers, assembly production areas, receiving docks, and rooftop solar panels
- The kitchen is designed to double the efficiency and output of meals from 8,000 meals daily to 20,000
- The production facility is the only one of its kind in San Francisco that will use cook-chill equipment to produce bulk food to be used in meals
- The kitchen is located near the San Francisco Wholesale Produce Market in the Bayview allowing for food recapture opportunities
- The facility will house a test kitchen for the creation of new, nutritious, medically tailored recipes based on availability of seasonal foods
- Photovoltaic cells will offset electricity needs providing an estimated annual savings of \$50,000

THANK YOU SUPPORTERS OF THE 50TH ANNIVERSARY CAPITAL CAMPAIGN

Anonymous (2)
Kellie and Steve Abreu
Deborah and David Ballati
Cindy A. Black
Marc Blakeman
Shannon and Rob Bloemker
The Bob Ross Foundation
Marty and Norman Buckhart
Helen Burt
Katie Callahan and Mark Mance
Lois and Steve Chess
Lisa and Jim Considine
Craig Newmark Philanthropies
Crescent Porter Hale Foundation
Craig Davini and
Ashley C. McCumber
Liz and Chris Dressel
First Republic Bank

Amy Flynn and Paul Burke
Dennis Flynn
Lee and Russ Flynn
Laura Flynn
Sara Flynn and Donald Libbey
The Friend Family Foundation
Leslie and Umberto Gibin
Emily and Sam Glick
Teri and Andy Goodman
Judy and Richard Guggenheimer
Walter and Elise Haas Fund
The Herbst Foundation, Inc.
Inner Spark Foundation
Pamela and William Johnson
Kaiser Permanente Northern
California Community
Benefit Grants Program
Koret Foundation

Connie and John Linehan
Kate and Wes Mitchell
Connie Tompkins McCole
William Moliski
Sonja Hoel Perkins
and Jon Perkins
Mark Petersen
Cathy and Mike Podell
Debbie and Andy Rachleff
Mary Risley
Kay Rousseau and Stuart
Montgomery
San Francisco Office of Economic
and Workforce Development
Susan Sangiacomo and
Diana Pelliccione
Yvonne and Angelo Sangiacomo
Family Foundation

Nancy and Kevin Sidow
Dr. Ian Patrick Sobieski
Craig and Maureen Sullivan
Family Fund
TPG Global, LLC
Uber Technologies, Inc.
Monique and John Viola
Irvnia Waters and José Allen
Rosemary and Harry Wong
Lisa and Todd Zabelle

New Markets Tax Credit Partners

Capital Impact Partners
Chase
Community Vision
San Francisco Community
Investment Fund

Learn more about the kitchen at mowsf.org/new-kitchen.

OUR IMPACT THANKS TO YOUR SUPPORT!



MEALS ON WHEELS SAN FRANCISCO

Since 1972, Meals on Wheels San Francisco has provided seniors in San Francisco with what they need to live independent and dignified lives — nutritious meals, professional social work, and a friendly visitor.

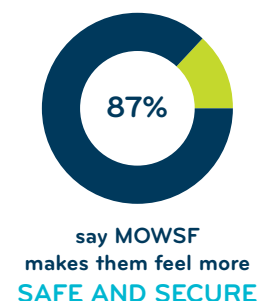
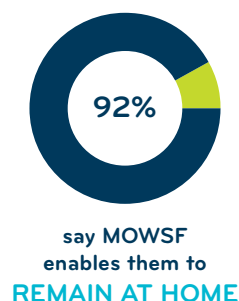
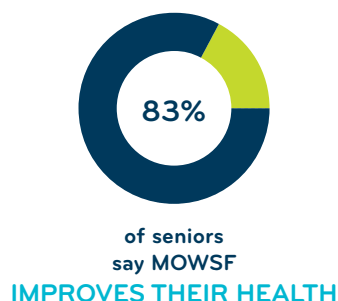
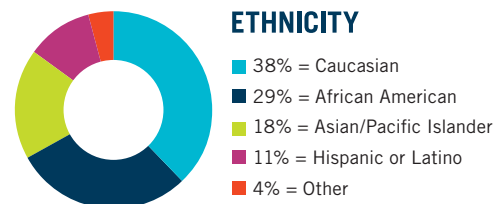
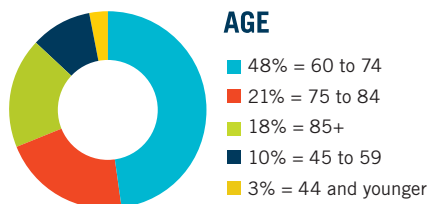
In 2018, staff and volunteers delivered more than **2 million meals to 4,700 seniors** — that's approximately **6,000 meals a day!**

Meals on Wheels is the only organization in the San Francisco Bay Area that can deliver **2 meals daily** to senior clients.

MISSION:

Meals on Wheels provides a network of services that allow seniors to live in their homes with dignity and independence as long as possible.

The Community of People Helped by Meals on Wheels SF



MEALS ON WHEELS VISITS KEEP CAROLYN HEALTHY

During the recent MOWSF kitchen groundbreaking ceremony, Carolyn, a Meals on Wheels recipient, smiled while she admired Mayor London Breed's beautiful, Mediterranean blue suit.

"Did you see the old soap opera, *Dynasty*?" she asks. "Remember when Joan Collins would walk into court wearing these incredible suits? We would talk about her outfit for days while at work. It's the only reason I even watched the show — to see what she was going to wear!"

After the kitchen groundbreaking event, she told Kristi, her Meals on Wheels social worker, that she had never seen any event like this before and was so happy to be a part of history, particularly with an organization that she has grown to know for a decade now.

In 2009, Carolyn was hospitalized with an array of serious medical conditions. With no family to turn to for in-home care such as preparing meals, a nurse recommended she apply for Meals on Wheel's home-delivered meals program in order to stabilize her diet and improve her health.

Carolyn, like so many seniors we serve, lives alone and cannot always get out to enjoy activities such as shopping, going to a friend's home, or taking a stroll around the block. After her parents passed away, and she fell out of touch with her only son, Carolyn became acutely aware of how alone she really was.

According to the most recent data by Meals on Wheels America, of the estimated 58 million older adults age 60 or older living in the U.S., 1 in 4 live alone.



These days Carolyn enjoys relaxing in her easy-chair watching the *Price is Right* game show and in the evenings, viewing VHS tapes of some of her favorite movies which include the *Friday the 13th* and *Jaws* series which she says are her favorites.

She does not have many visitors but she does enjoy when Meals on Wheels checks in on her. The regular visits have helped her establish a morning routine, and that, she says, keeps her active and alert.

Catch up on Meals on Wheels news and stories at mowsf.org/blog.

Approximately 68%
of the seniors we serve in San Francisco
LIVE ALONE



1 in 5 seniors feel lonely.

The negative effects of loneliness on health are similar to smoking **up to 15 cigarettes** a day!

Source: Meals on Wheels America.

Inside this issue of
Nourish

- We're Building a New Kitchen!
- Around Meals on Wheels
- Meals on Wheels Keeps Carolyn Healthy

TOGETHER, WE CAN DELIVER™
mowsf.org

COMING UP AT MEALS ON WHEELS



- **OCTOBER 26 — PINOTS & PLAID BENEFIT**

Mark your calendars for Pinots & Plaid – Saturday, October 26. Enjoy the best of the best Pinot Noir tasting in Northern California showcased in one of the most elegant venues in San Francisco, Hibernia Bank. A portion of proceeds will benefit Meals on Wheels. **Tickets will go on sale soon at: emily-e-martin.com/pinotsandplaidwinetasting.**

- **BE A GOOD NEIGHBOR — ALL YEAR ROUND**

Change a senior's life; change your own. Simple household tasks and errands are so critical to our homebound senior clients and are often the start of a meaningful friendship for you. Our **Good Neighbors** volunteer opportunities take place in every neighborhood of San Francisco. Volunteers pick up items at our office and deliver to seniors in need, Monday through Friday, 9:00am to 4:00pm.

To become a Good Neighbor, you must attend an orientation and complete an application and background check before volunteering. **For more information, email volunteer@mowsf.org | 415.343.1289**

- **SEPTEMBER–NOVEMBER — VOLUNTEER ORIENTATIONS**

Join our talented group of volunteers who make the world brighter for homebound seniors every day! **Visit mowsf.org/volunteer-orientations** to register for one of our monthly orientations to get started.

- **WEDNESDAY GROCERIES WITH MOWSF 7AM–9AM**

Be a part of our weekly, Home Delivered Groceries team, by assembling bags of groceries for more than 400 low-income seniors in San Francisco. No training needed — orientation on site. **RSVP at mowsf.org/hdg | 415.343.1289**